

+

1/9

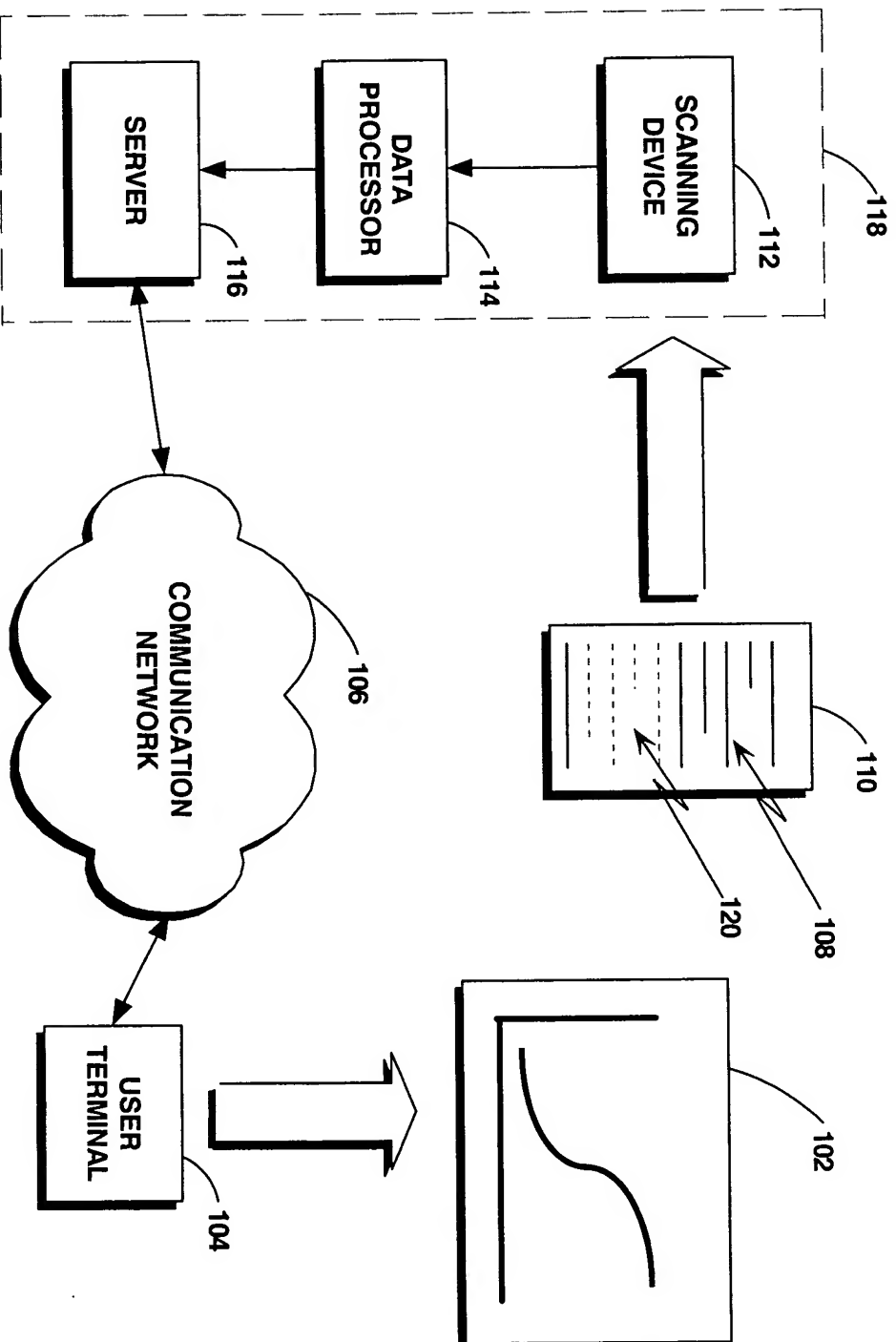


FIG. 1

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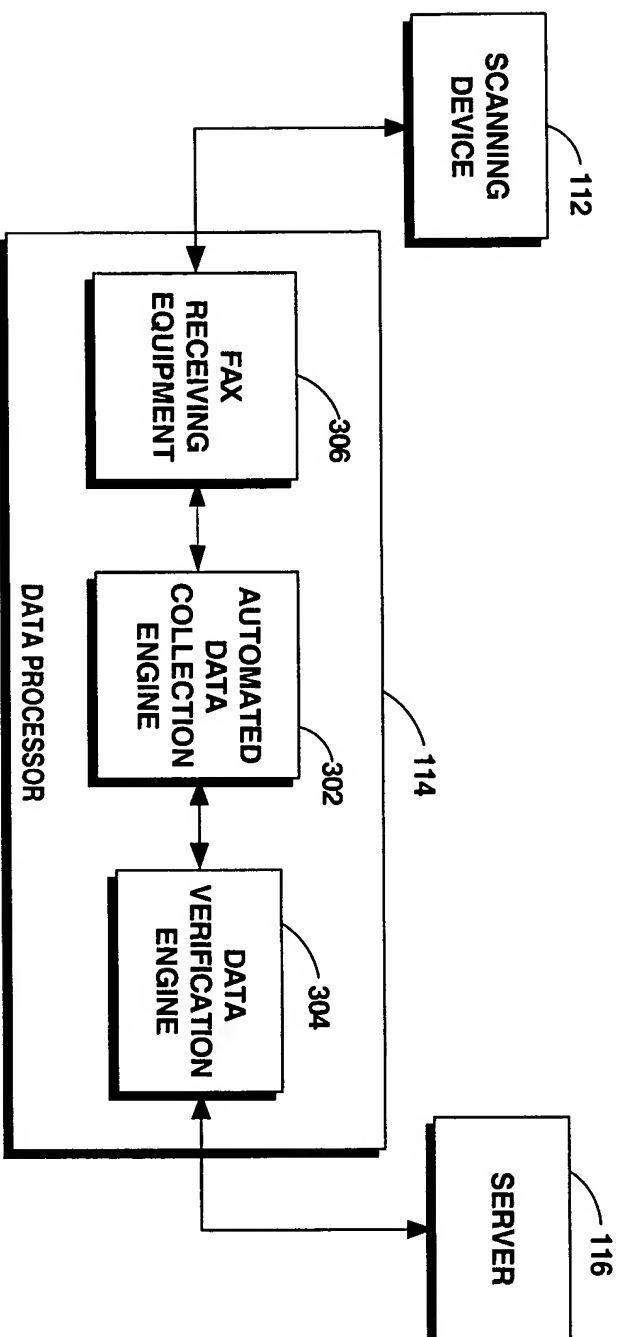


FIG. 3

118

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CHEST WORKOUT 406 **operationf.com** 402

Member Number 210: 000124
Last Name 212: SMITH
First Name 212: JOE
Draft 404

BENCH PRESSES 204

POSITION	TYPE	222	226	224	226	228	224	226	228	224	226	228	224	226	228	224	226	228
flat	decl	incl	bar	dumb	mach	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	
208	0	0	0	0	0	35	10	40	8	45	8	50	7	40	7	35	9	
230	0	0	0	0	0	150	15	185	12	200	8	225	4	185	8	150	10	
	0	0	0	0	0	12347	236	2343	236	2347	236	234	236	234	236	234	236	
	0	0	0	0	0	180	10	180	10	180	10	180	10	180	10	180	5	
	0	0	0	0	0													
	0	0	0	0	0													
	0	0	0	0	0													

OTHER EXERCISES 204

POSITION	TYPE	222	226	224	226	228	224	226	228	224	226	228	224	226	228	224	226	228
flat	decl	incl	bar	dumb	mach	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	
230	0	0	0	0	0	40	8	50	10	60	5							
	0	0	0	0	0	35	7	40	8	75	7							
	0	0	0	0	0	234	236	234	236	234	236	234	236	234	236	234	236	
	0	0	0	0	0													
	0	0	0	0	0													
	0	0	0	0	0													

204 cable crossover
204 push ups
204 dips

238

Once completed, please fax this form to: 800.XXX.XXXX and view your progress at www.operationf.com tomorrow at this time.

400

FIG. 4

FIG. 5

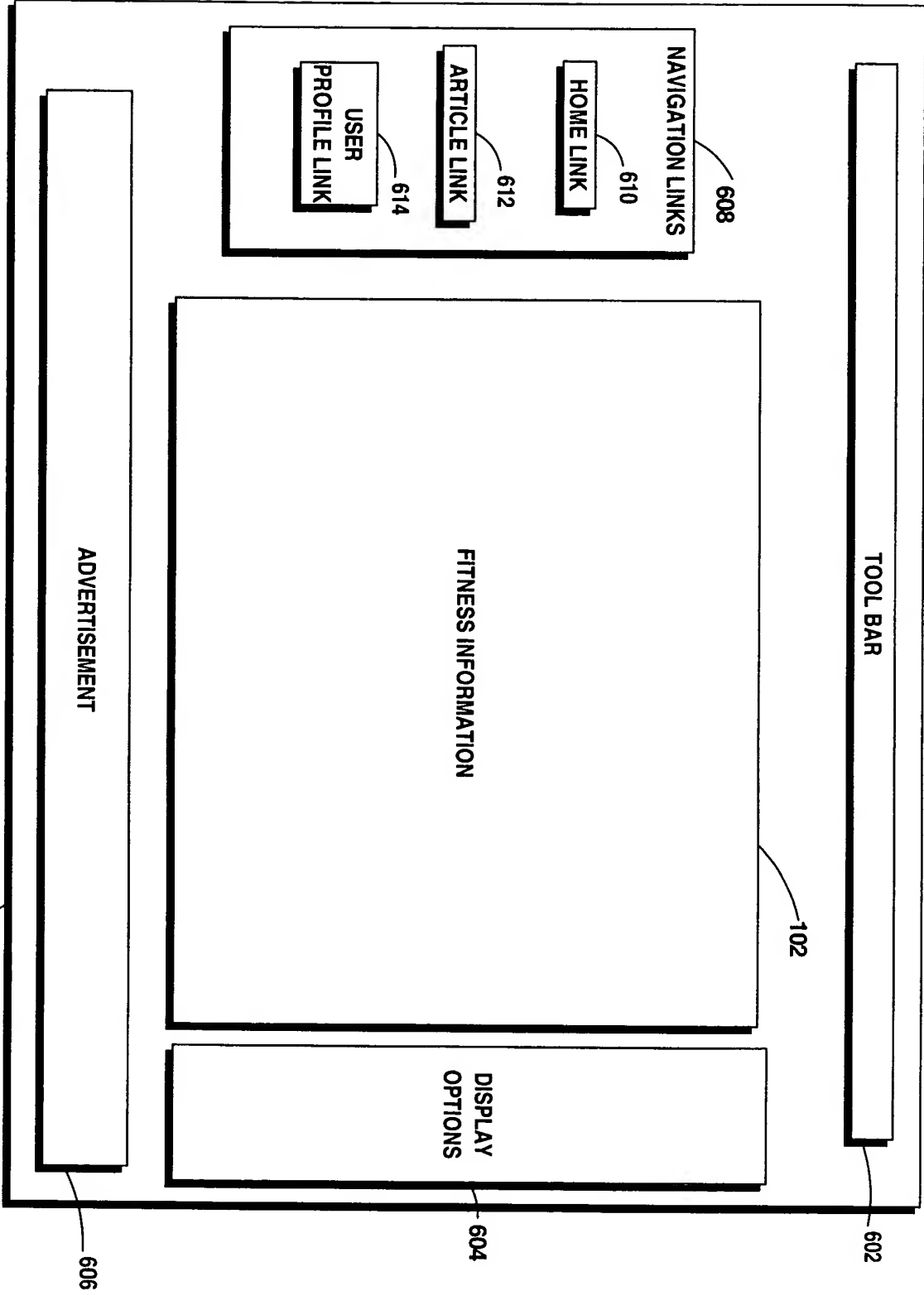


FIG. 6

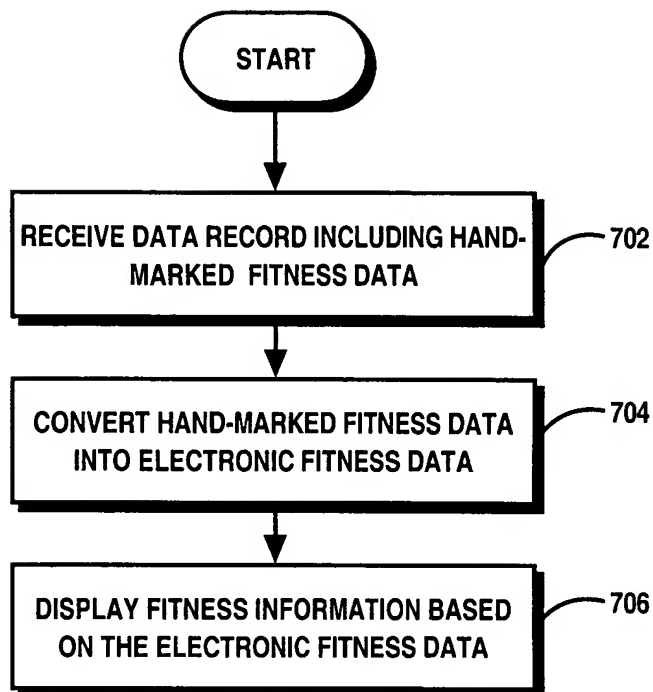
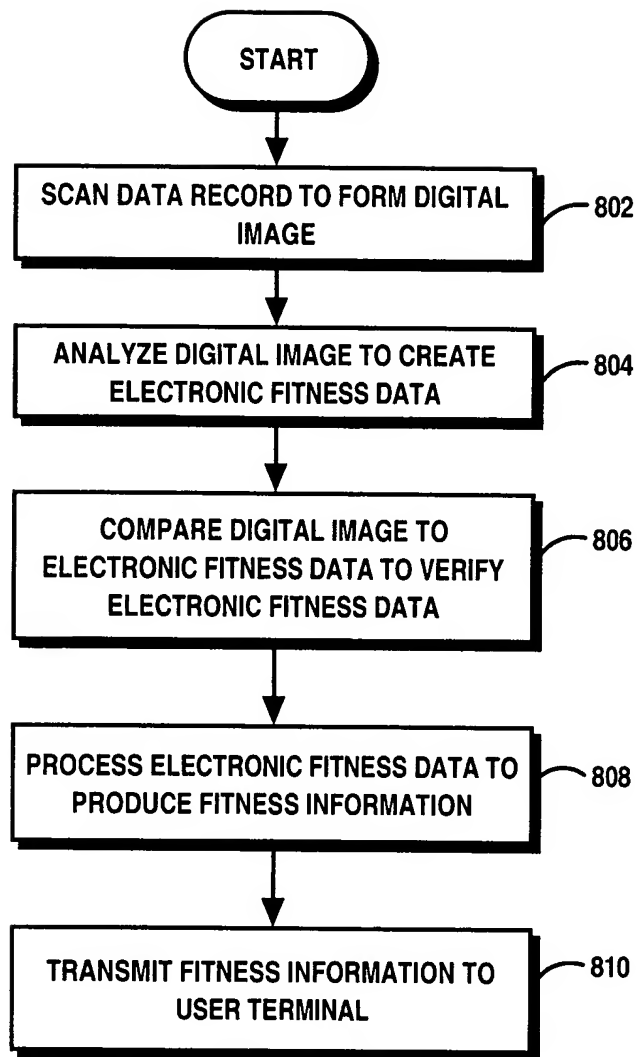
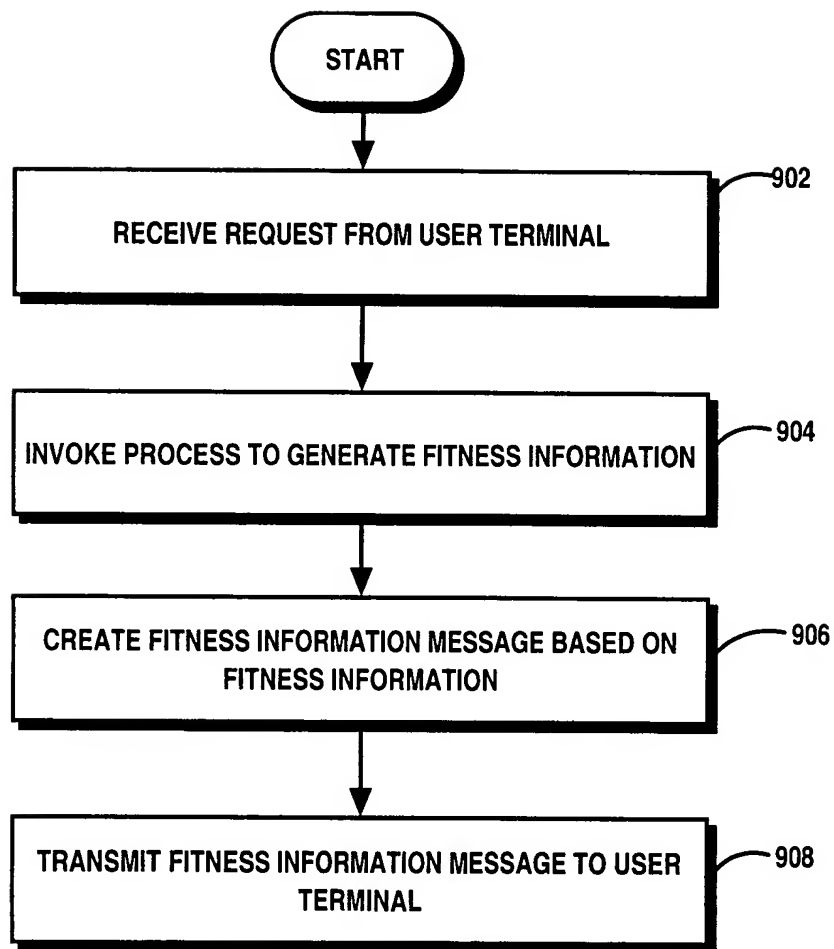


FIG. 7

**FIG. 8**

**FIG. 9**